The Anchor News

Your Anchor in the Community

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St. Joseph-Lincoln Senior Service Center
3271 Lincoln Avenue
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HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM

ELECTION FOR BOARD OF DIRECTORS

Below are the dates for the remainder of nominating/election process:

Oct. 7th Absentee voting 8 am-3 pm
8th & 9th
Oct. 10th Board Election 8 am-3 pm
Oct. 17th Board Meeting with Election of Officers 10 am
Oct. 18th Annual Breakfast 9 am
MUST SIGN UP BY OCTOBER 11TH

CANDIDATES FOR BOARD OF DIRECTORS

This year we have 4 seats available for 3-year terms. Candidates are Jim Hlifka, Dennis McCarthy, Dennis Meadows, Patty Nordberg, and Connie Yore. Please take a moment to stop and read their bios which are displayed in the front hall of the Center.

CIRCUIT TRAINING ROOM FUNDRAISER

We are very excited to tell you that we have been awarded a $30,000 grant from the Fredrick S. Upton Foundation to expand our Circuit Training Room and relocate 2 other rooms. The stipulation of the grant is that we raise an additional $10,000. Our Circuit Training Room is the most popular service at our Center. In the last year we have seen 773 different members use this facility for a total of 12,000 visits! We need additional room and equipment to continue to serve the needs of our members. Please consider donating to this fundraiser so we can get the construction and relocation done over the winter months and continue to enhance the health and well-being of our membership. Thank you!

VETERAN'S DAY BREAKFAST

Monday, November 11th, 9:00 am
Deadline to sign up is November 4th

Starks and Menchinger Funeral Homes will once again sponsor our Veteran's Day Breakfast. The breakfast is for Veterans and their spouses. Mark Casey from Starks Family Funeral Homes and special guest, Steve Herendeen, will be presenting "Old Glory, The History of the Flag." Come join us for a great meal and learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. After breakfast, we'll learn more about prearrangements, Veteran benefits, cremation, burials, and the overall planning necessary for your final arrangements. **Please sign up by November 4th.**

~Notes from the Board~

September 30th ends the Center's fiscal year. At the Annual Breakfast on October 18, 2024, everyone attending will be informed of the year's achievements.

A major project that the Board wanted to accomplish was developing a Strategic Plan. In the July 2023 newsletter, I explained the importance of having a Strategic Plan. Here are a few reasons:

* Clarify our mission
* Reaffirm that the Center is headed where it wants or should be going
* Develop a framework within to make difficult programmatic and financial decisions
* Build teamwork among Board and Staff

Many foundations providing grants require an organization to have a Strategic Plan. In the July 2023 Newsletter I asked our members that have been involved with strategic planning to assist in this project.

Luckily, we found an outstanding member, **Dr. Dennis McCarthy**, to guide us through this project. A task force was formed that consisted of 4 Board Members, 2 key Volunteers, 2 Staff members, and Dr. Dennis McCarthy, our Planning/Consultant/Facilitator.

In January 2024, we began the process of developing the first Strategic Plan for our Center. With the guidance and leadership of Dr. Dennis McCarthy, this plan was completed on June 17, 2024.

Several Volunteers, Program Instructors, Staff and Board Members completed a survey directed to show the Center's strengths and weaknesses. Dr. McCarthy completed personal interviews with most of the survey participants. The task force reviewed the survey results and met 8 times to form the plan.

Our Strategic Plan addresses the evolving needs of our members through our services and will ensure the sustainability of our Senior Center. The Plan is a commitment to our Members, Staff and Community.

A huge thank you to all that contributed to establish our Strategic Plan. A copy of the Strategic Plan is located in our Library for everyone to read.

Pauline Fox
President
~SJLSSC Board of Directors~

PUMPKIN CONTEST

Let's play a game
C'mon you know the name
How much do you think this pumpkin weighs
10, 20, 30 lbs. would you say
Take your time and make a guess, if you are correct, you'll be blessed!

It's that time again, the month of the pumpkin, and we're having a contest! You can find our prize pumpkin in the gym hallway, so stop by and guess it's weight.

COMPUTER CLASSES

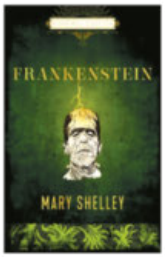
Brian Johnston, Adult Services Librarian, from Lincoln Township Library, returns for the following classes:

- **Windows 10 Basics, Wednesday, October 9th, 10:00 am**
- **2010 Excel Basics, Wednesday, October 23rd, 10:00 am**
- **Facebook Getting Started, Wednesday, October 30th, 10:00 am**
- **Facebook Basics, Wednesday, November 6th, 10 am**

Please sign up for all the classes that you'd like to attend. Each class is limited to 12 participants.

CONSISTENT MONTHLY PROGRAMS

BOOK CLUB



Wednesday, October 9th, 10:00 am

The book to read for the month of October is "Frankenstein" by Mary Shelley. Leading the discussion will be Mary Baker. If you have a passion for reading, then please join us the 2nd Wednesday of the month.

COOKIES & CANVAS

Friday, October 18th, 12:00 pm-3:00 pm
$20 per person, payable at sign up-NO REFUNDS
Make checks payable to Roy Hruska
DEADLINE TO SIGN UP IS OCTOBER 16TH

The watercolor painting for the month of October is called "Autumn Chickadee." This painting is on a 9" x 12" canvas and all materials needed for this class are provided. **Remember to sign up soon.**

BEST HEARING STORE - "HEARING AID CLINIC"

Monday, October 21st
By appointment only

Quinton Smith from the Best Hearing Store will be here once again to perform hearing tests, hearing aid repairs, and he will find you the best options for those that want help. **Please remember to call to reserve your appointment time.**

MOVIES AT THE CENTER!

Wednesday, October 16th, 10:00 pm

We are sad to announce that due to a lack of interest, October's movie will be our last. If you wish to attend the movie, **please remember to sign up.** We thank all of you who have enjoyed the movies here at the Center.

NOTE: "All advertising content is not endorsed by the Saint Joseph-Lincoln Senior Service Center, but is the view of the presenting organization."

STAMP CAMP

Tuesday, October 22nd, 12:00 pm-3:30 pm
$15 per person, payable at sign up-NO REFUNDS
Make checks payable to Caryn McFall
DEADLINE TO SIGN UP IS OCTOBER 18TH

Join us as Caryn McFall returns for another class on hand stamped cards. This month's theme is Thanksgiving and Christmas cards. You will be making 8 cards with envelopes. All materials will be provided for you. **You will need to bring small scissors and double stick tape for this class. Sign up soon; this class size is limited.**

FOOT CLINICS

By Appointment Only

Blessed Feet, LLC performs Foot Clinics at our Center two times a month. Please contact Jane Sherwin at 269-240-3437 with any questions and for appointments. This service is available to our members, but not a function of our Senior Center.

LOST & FOUND

Are you missing an umbrella, book, eyeglasses, or maybe shoes? Have you looked in our Lost & Found? If not, stop by the front desk and we will point you in the right direction!

Our Senior Center has an Abuse Prevention Policy that prohibits any form of violence, abuse or harassment including verbal, sexual or emotional abuse. Copies of the policy are posted at the Center. Please report any incidents to the Executive Director.

TRIPS

A BEAUTIFUL NOISE - DEVOS PERFORMANCE HALL - GRAND RAPIDS

Saturday, April 5th

$128 per person, payable at sign up

This is one you won't want to miss! A Beautiful Noise, The Neil Diamond Musical is an inspiring, energy-filled musical memoir that tells the true story of how America's greatest hit maker became a star, set to the songs that defined his career. This trip includes round trip motor coach transportation to downtown Grand Rapids where travelers will have time to purchase lunch, and enjoy shopping and/or museums before the performance (a list of restaurants and nearby museums will be provided). There will be a stop at Culvers on the way home for attendees to purchase dinner. Sign up soon, as we're sure this trip will fill quickly. **MODERATE ACTIVITY - NEW TRIP**

TRIP PLANNING INFORMATION

Just a little information for our members who are interested in taking a trip with us about how the process works. We plan our trips according to the input we receive from the interest list that we have in our newsletter and on the trip board at the Center each year, late summer/early fall. Our trip prices are based on the size of the bus and the maximum number of guests we can take. If we don't fill a trip, we are forced to cancel, since the pricing is done based on a full bus. This year, unfortunately, we needed to cancel three trips because of the lack of interest. All of these trips received a lot of interest. We hope in 2025 we will be able to take all of the trips that we plan so our members can enjoy many experiences together. Trip activity levels are indicated on all trip descriptions so you know what to expect before you sign up for a trip. You need to make sure that you are capable of the activity level so you can participate in all events of the day. Moderate Activity means at least 2 stops on the bus and a considerable amount of walking. Active Activity means at least 3 stops on the bus and a high level of walking. Very Active Activity means several stops on the bus and a lot of walking. Please always consider these factors before signing up for a trip.

HENDERSON CASTLE MURDER MYSTERY & KALAMAZOO VALLEY MUSEUM

Thursday, May 15th

$135 per person payable at sign up

This trip includes round trip transportation, lunch and an interactive experience in a Murder Mystery. Prepare for a performance of intrigue, lies, and deception as you try to unravel all the new clues to establish a motive for murder. Who knows, the person sitting next to you could be the culprit, or maybe it's YOU! If you are up for a little adventure, this is the trip for you. The mystery is set in the 1920s and 30s with unique characters and original plots. We encourage you to dress "period" appropriate, as it will enhance your experience. Business casual or semi-formal dress is also accepted. You will also have time to tour Henderson Castle as well as about 1-1/2 hours at the Kalamazoo Valley Museum to take in the exhibits. Sign up soon!

MODERATE ACTIVITY - NEW TRIP

****WAITING LIST****

Vermont - September 22nd-28th

Meijer Gardens - Holiday Traditions Exhibit - December 3rd

TRIP REMINDERS

All Center trips are for seniors 60+ and their spouses, unless otherwise noted. **All people signing up for our trips must be a member.** If you are signing up for someone else, please make sure you know their phone number. Trip participants are required to stay with the Center group for all planned activities. We only accept cash or checks. Most trips fill quickly, but waiting lists are taken. In cases of cancellations, refunds, less a $10.00 administrative fee, are given, if a replacement can be found. All of our trips depart from Roger's Foodland, 4039 Hollywood Road, St. Joseph.

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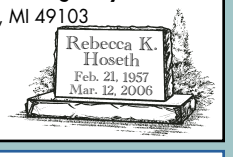

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2024 COMMUNITY RECYCLING EVENTS

October 5th, Saturday - 8:00 am-12:00 pm
Southeast Berrien County Landfill Recycle Center, 3200 Chamberlain Road, Buchanan

SNOWBIRD REMINDER

With the colder months just around the corner, some of you will be heading south to warmer temperatures. If you receive our newsletter in the mail, please remember to let us know you will be out of town and we will temporarily stop the mailing of your newsletter. Upon your return, just let us know you're back and we will begin mailing the newsletter to you again. Thank you in advance for your help in keeping our mailing costs down, as we are charged $1.01 for every newsletter that is returned to us.

ZUMBA

If you would be interested in attending a Zumba class, please call or stop by the front desk to have your name added to an interest list. If enough members are interested, we will look into the possibility of adding this class. Stay tuned!

SJLSSC CHOIR

We have had some feedback regarding starting a Senior Center Choir. If you would be interested in participating, please call or stop by the front desk to have your name added to an interest list. We will also need a Volunteer to run this program.

LEATHER CRAFT CLASS

If you are interested in taking a Leather Craft Class which would involve making key chains, belts, belt buckles, and book covers, please let us know. We have an experienced Volunteer who would be interested in teaching the art of this craft. Prices will vary depending on the project. Samples will be available at the Center to view. Just stop at the front desk or call to let us know that you are interested.

THANK YOU VOLUNTEER GARDENERS

We would like to take a moment and thank all of the Volunteers who donated their time keeping all of the gardens you see around the Center looking so beautiful. Also, our Volunteers who planted and harvested the Friendship Garden and the members who benefited from this. We cannot thank you all enough for your time and hard work that you give so generously. The Center without a doubt has some of the prettiest gardens in the area. We are blessed because of you!

HALLOWEEN PARTY!

Thursday, October 31st, 12:00 pm
MUST SIGN UP BY OCTOBER 24TH

What is Halloween without a costume party?
Come as a ghost, goblin, toad or donkey!
Get that costume and don't be tardy!
Whatever you decide to wear,
Show up and just beware,
It's all about fun, and maybe a good scare!
Hope to see you there!

You are invited to our Halloween Party, so get your costumes ready. We will be awarding prizes for the following categories: scariest, funniest, and most original. We can't wait to see what you come up with. Light refreshments will be served in the Activity Hall. **Don't forget to sign up!**

CENTER PLANTS

We have a Volunteer who is taking care of the many plants that you see around the Center, so we ask that you not water them. Thanks in advance!

If you would like an email reminder when the newsletter is online, please email us at assistant@sjlsc.org

DONATION OPPORTUNITIES

Contributions to our non-profit 501(c)3 corporation are tax deductible. There are many ways to donate and assist us in continuing to provide many services to our members.

BERRIEN COMMUNITY FOUNDATION ENDOWMENT FUND - Made to ensure long term sustainability of our organization.
BUILDING FUND DONATIONS - Made to contribute to our direct building expense.
FORGET-ME-NOT SOCIETY - Honoring those who choose to make a legacy gift to the SJLSSC Endowment Fund, which is administered by the Berrien Community Foundation. This endowment will provide essential stability for our Center.
HONORARY DONATIONS - Made in honor of someone who has enriched your life.
MEMORIAL DONATIONS - Made in memory of a friend or loved one who has passed away.
PROGRAM DONATIONS - Designate a donation for a particular program we offer at the Senior Center; exercise classes, Circuit Training Room, Wood Shop or to one of our outside areas; the Walking Trail, Friendship Garden, or the Wild Flower Trail.

PLEASE REMEMBER TO STATE WHAT SPECIFIC FUNDRAISER YOU WOULD LIKE YOUR DONATION TO BE DESIGNATED FOR. THANK YOU!

SJLSSC LIBRARY

Please remember to check out all materials at the front desk so we can track them for everyone to enjoy. Please leave any items you are donating at the front desk; books, magazines, health fliers, etc. so they can be processed and placed correctly. Thank you!

Our Volunteers are the cutest pumpkins in the patch!

CURRENT FUNDRAISERS

CIRCUIT TRAINING ROOM FUNDRAISER - We have been awarded a $30,000 grant from the Fredrick S. Upton Foundation to expand the Circuit Training Room, but we need to raise an additional $10,000 as a stipulation of the grant. Please help us to reach this goal. It's all for you!
WALKING TRAIL BRICKS - This is an opportunity for you to celebrate the life of someone by purchasing a brick to be placed on the walk around the flag poles. Remember a loved one who brought light to your life, a friend or your grandchildren. The purchase of a brick will forever honor or memorialize our loved ones. The profits from this project will assist in maintaining the Priscilla Upton Byrns Walking Trail and Gardens. **Bricks ordered now until March 2025, will be available in June 2025.** Order forms can be emailed, mailed, or picked up at the front desk.

COMPUTER LAB HOURS

Do you have questions about your laptop, tablet, or cell phone? Bring your questions to the Computer Lab, which is open on Wednesdays from 1:00 pm-3:30 pm. You do not need an appointment.

BINGO IN MEMORY OF DOROTHY HORA
GIFT CARD EXTRAVAGANZA

Thursday, October 10th, 1:00 pm - $1
DEADLINE TO SIGN UP IS OCTOBER 3RD

Lisa Boehm, friend and neighbor of Dorothy Hora, is sponsoring this day of Bingo in memory of Dorothy who was a long time member and volunteer at our Center. All prizes will be gift cards that will range from $5-$30. Bingo will be $1. **Space will be limited, so please sign up if you would like to attend.**

BINGO
Thursday, Oct. 10th, 1:00 pm $1
Thursday, Oct. 24th, 1:00 pm
Thursday, Oct. 31st, 1:00 pm $1

PLEASE DO NOT ENTER THE GYM UNTIL ROOM IS SET UP. THANKS!

RECURRING SCHEDULE

MONDAYS
9:00 am - Resistive Exercise
9:30 am - Quilting Group
10:00 am - Calisthenics
10:00 am - Jokers and Marbles
11:00 am - Balance Class
12:00 pm - Tai Chi
12:30 pm - Hand & Foot Cards
1:00 pm - Art Co-Op **See bulletin board for wkly. topic**
1:00 pm - Refresher Bridge
1:15 pm - Beginning Line Dancing
1:45 pm - Intermediate Line Dancing

TUESDAYS
9:00 am - Resistive Exercise
9:30 am - Pinochle
10:00 am - Range of Motion
11:00 am - Chair Drumming
12:30 pm - Advanced Pickleball
1:00 pm - Euchre
12:30 pm - Advanced Ukulele
REGISTRATION REQUIRED
2:00 pm - Beginner Ukulele
REGISTRATION REQUIRED

WEDNESDAYS
9:00 am - Resistive Exercise **No class Oct. 16th**
9:00 am - Greeting Card Making
10:00 am - Calisthenics
11:00 am - Balance Class
11:45 am - Cardio Drumming
12:00 pm - Parkinson's Exercise **No class Oct. 16th**
REGISTRATION REQUIRED
12:30 pm - Dominoes
1:00 pm - Computer Lab
1:00 pm - Mah Jongg
1:00 pm - Advanced Pickleball
1:00 pm - Stitch & Chat
2:30 pm - Intermediate Pickleball

THURSDAYS
9:00 am - Resistive Exercise **No class Oct. 17th**
10:00 am - Range of Motion **No class Oct. 3 or Oct. 10th**
11:00 am - Tai Chi **No class Oct. 31st**
12:30 pm - Beginner Pickleball **No class Oct. 17th**
12:30 pm - Scrabble
12:30 pm - Hand & Foot Cards
1:00 pm - BINGO **2nd, 4th & 5th WEEK**
2:00 pm - Intermediate Pickleball **No class Oct. 17th**

FRIDAYS
9:00 am - Chair Yoga **No class Oct. 4th**
10:30 am - Beginner Pickleball **Oct. 18th starts at 11 am**
12:00 pm - Parkinson's Exercise **No class Oct. 18th.**
REGISTRATION REQUIRED
12:00 pm - Intermediate Pickleball
1:00 pm - Euchre
1:00 pm - Sit & Share-Parkinson's Support Group
LAST FRIDAY OF EACH MONTH - No class Oct. 18th

WHAT WE HAVE TO OFFER

- Arts/Crafts
- Betty Kohn Outdoor Fitness Zone
- Book Club
- Cards/Games
- Circuit Training Room **OPEN 9 am-3 pm**
- Commodity Distribution
- Community Resource Center
- Computer Lab/Computer Classes
- Educational Programs
- Fitness Classes
- Foot Clinic
- Friendship Garden (Seasonal)
- Garden Nook
- Golf League (Seasonal)
- Hanes Family Wild Flower Trail
- Lending Library
- Lively Steppers (Outside Walking Group-Seasonal)
- Loan Closet
- Lunch
- Parkinson's Support Group (Sit & Share)
- Pickleball
- Priscilla Upton Byrns Walking Trail & Gardens
- Puzzles (to take home)
- Softball (Seasonal)
- Transportation In Our Service Area
- Trips
- Ukulele Classes **REGISTRATION REQUIRED**
- Video of Circuit Training Room Equipment On Our Website
- Videos Of Exercise Classes On Our Website
- Videos Of How To Properly Use Our Outdoor Equipment On Our Website
- Volunteer Opportunities
- Website & Facebook
- Wood Shop **OPEN 9 am-3 pm**

VOLUNTEERS NEEDED

If you are looking for ways to give back to the community or if you have extra time in your schedule, we need you! We are in need of volunteers in the following areas:

⇒ Art/Craft Classes
⇒ Bingo Set Up & Tear Down
⇒ Commodities Distribution
⇒ Front Door Greeters
⇒ Fundraising - Quilt Raffle, Super Books
⇒ Handymen or Handywomen
⇒ Light Ironing
⇒ Newsletter Mailing
⇒ Transportation Drivers
⇒ Wood Shop Hosts

If you are interested, please call the Center and speak to our Volunteer Coordinator, Sharyl.

Class descriptions are posted outside the gym & information is available at the front desk.

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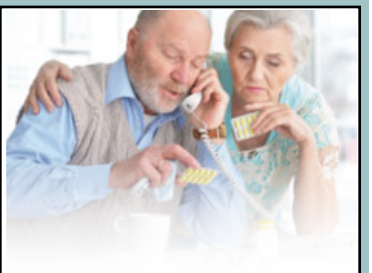

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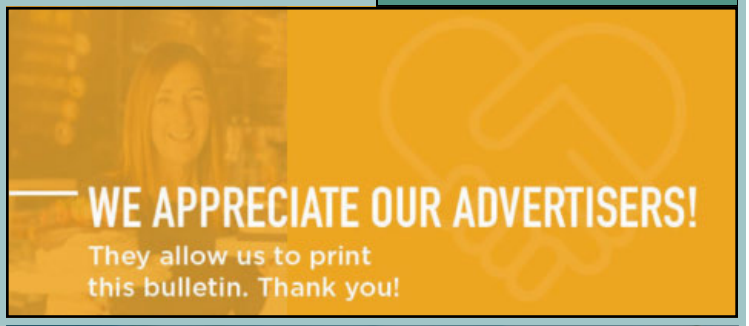

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IMPORTANT REMINDERS

- ◊ We are asking that everyone exit our Center by 3:45 pm so the Staff can securely close our building. We appreciate your cooperation!
- ◊ Remember to sign in when entering the building for any reason, even to sign up for a trip, returning a library book or signing up for a program. You need to go through the screens until you find the activity/activities you are here to attend and remember to hit **FINISH** when done so it will log your day's activities.
- ◊ Please arrive at least **10 minutes** before a program is due to begin so you are not interrupting a program by arriving late.
- ◊ Please remember if you have robo call blocker, you will not receive our calls.
- ◊ Please remember to sign up for all programs that you'd like to attend. Thank you!
- ◊ **VOLUNTEERS** - Please remember to sign in on the monitor as Volunteering **and** record your volunteer hours so you are accounted for on our daily number of people in our building.
- ◊ The Library is only accepting donations of magazines less than 3 months old. Also, we do not accept VCR tapes. We thank you for all the donations you have made.
- ◊ We are in need of wedding cards. However, no **Christmas cards at this time.** We cannot accept torn or yellowed cards, or card tops. We are in need of light colored envelopes.
- ◊ Please call ahead if you need loan equipment.
- ◊ Class descriptions are available at the front desk, on our website and on the bulletin board by the gym entrance.
- ◊ If you cannot attend a program you've signed up for, please call and cancel.
- ◊ Please check the Recurring Schedule (page 8) every month. If we know that a class is cancelled when the newsletter goes to print, we will note it and you will not receive a robo call.
- ◊ To be eligible to use the services at our Senior Center, you or your spouse need to be 60 years of age or older. You need to be in our service area to use our transportation, run for our Board of Directors and/or vote in our Annual Board Election.

WOOD SHOP INFORMATION

Below is some general information about how our Wood Shop operates. For more details please call or stop at the front desk.

CURRENT HOURS/DAYS OF OPERATION
Monday through Friday 9:00 am-3:00 pm

To use the Wood Shop, you must be a current member of SJLSSC and make an appointment to **sign up for a mandatory Safety Orientation Class, which are on Wednesdays only.** You can make an appointment for orientation at the front desk, which is approximately 3 hours. **You need to sign up 2 business days in advance to attend an orientation. The cost of our Wood Shop orientation is $20. This fee will include a 1-month membership, which will start on the 1st business day after the orientation. Also included for this price is a project, which will include all materials to be completed during your first month.** Safety glasses are mandatory. If you do not have a pair, you can purchase them at the front desk; $2 for regular safety glasses and $5 for glasses that fit over a prescription.

To use the Wood Shop after orientation, you need to have an active Wood Shop membership and sign all membership documents. **All fees are to be paid at the front desk before you can use the Wood Shop.**

Wood Shop Member Payment Plans

- * $5 daily fee
- * $20 monthly fee or $10 if paid 16th-end of the month (This pro-rated fee only applies the first time you use the Wood Shop. After initial payment, total monthly fee applies).
- * $30 monthly fee for couples or $15 if paid on or after the 16th of the month (This pro-rated fee only applies the first time using the Wood Shop. After initial payment, total monthly fee applies).
- * $200 yearly fee or $300 yearly fee for couples.

NO REFUNDS AFTER PAYMENT IS RECEIVED.

Please ask for a copy of the Member Guidelines so you are aware of how our Wood Shop operates.

WOOD SHOP - CEDAR BIRD FEEDER

Monday, October 7th, 9:00 am-12:00 pm
$15 per person, payable at sign up - NO REFUNDS

Join instructor Bob Mann and build a beautiful, open-style cedar bird feeder. This class is open to all SJLSSC members; a Wood Shop Membership is not required. **Space is limited, so sign up soon!**

ART CO-OP PASTELS WORKSHOP

Monday, October 7th, 12:30 pm-3:00 pm
$20 per person, payable at sign up - NO REFUNDS
Make checks payable to Matt Payovich
Please sign up by October 2nd, limited to 12 people

Join us for another wonderful workshop with artist Matt Payovich. Matt will return to demonstrate pastels and guide the class in creating an artwork of their choice. **Class size is limited, so sign up soon!**

MEDICARE SAVINGS OPPORTUNITIES

Tuesday, October 8th, 10:30 am

Kara Gargano, Area Agency on Aging, MMAP Regional Coordinator, will be here for a presentation on the goal of the Michigan Medicare Assistance Program (MMAP). MMAP works with those new to Medicare, those receiving Medicare and those Medicare eligible to find the best possible options that fit their individual needs. **Please sign up to attend.**

WOOD SHOP CLASS - CUSTOM CHILDS STOOL

Monday, October 14th, 9:00 am-12:00 pm or 12:00 pm-3:00 pm, $35 per person & first stool/ $25 for each additional stool. Payable at sign up - NO REFUNDS

Join instructor Tom Hurst to build a custom child's stool. Burn a name or custom saying onto the seat with our Laser Engraver. You can purchase and build more than one stool. Please register in advance to pay for the class/1st stool ($35) and any additional stools you will be making ($25). This class is open to all SJLSSC members; a Wood Shop Membership is not required. **Space is limited, so sign up soon.**

THE MOVE TO ELECTRIC CARS

Tuesday, October 15th, 10:30 am

Don White will discuss America's push to electric cars. By 2030, half of all new vehicles sold in the U.S. should be electric. Topics will include EV battery repurposing, repair, reselling and ultimately recycling plus rare earth materials sourcing, ethical mining practices and alternate battery compositions will be discussed. **Please sign up if you'd like to attend.**

IS AGING OPTIONAL? EXPLORING REGENERATIVE MEDICINE

Tuesday, October 22nd, 10:30 am

Join Holistic Health Coach, Jen Mayo, as she provides a brief history of chronic disease and degenerative conditions in the U.S. and then explore the exciting new frontier of regenerative medicine. You'll learn how genetics is not destiny, food is medicine, and your body was designed to thrive when provided the proper resources. Jen will also review exciting new technologies for aging vibrantly, as well as ancestral strategies for rebalancing the body. **Please sign up to attend.**

FINDING YOUR BEST MEDICARE PART D PLAN

Tuesdays, October 22nd or November 12th
See below for available times

It's that time of year again when Medicare Part D is open for changes! Bob Hopkins will assist you on how to register and find a plan that meets your needs on the mymedicare.gov website. Workshop participants should plan to bring a complete list of prescription meds (including strength and dose), a list of pharmacies they're willing to use, and their Medicare card to the session in order to complete the update. There will be four 90-minute sessions to choose from each day: 8:30 am-10:00 am, 10:15 am-11:45 am, 12:30 pm-2:00 pm or 2:15 pm-3:45 pm. Space is limited. **Please contact the center to sign up for the session of your choice.**

Please refer to page #2 for list of upcoming computer classes.

MEDITERRANEAN MUNCHING

Tuesday, October 22nd, 1:00 pm

Looking for a healthy eating pattern to reduce cardiovascular risks, reduce inflammation, and support healthy aging? Melissa Powell, RD, with the Area Agency on Aging, will be here to present how the Mediterranean Diet has proven to help with these concerns and more. Learn what foods fit into a Mediterranean style of eating, how to incorporate specific foods into your daily eating routine, and tips to get started. **Please sign up to attend.**

GRATITUDE GALA CONCERT & BOOK SIGNING

Wednesday, October 23rd, 10:30 am-11:30 am

Join us, as local author and musician, Annie Rettic, a storyteller, songwriter, and lifelong musician will read a chapter from her recently published book, Gratitude: A Path to Grace. Annie will also perform a concert on five string viola and ukulele. The concert will feature songs composed by Ms. Rettic (with lyrics published in her book) about feeling grateful, as well as popular songs from the 60s and a few fiddle tunes to get your toes tapping. Books and CDs will be available for purchase. **Don't forget to sign up if you'd like to attend.**

UNDERSTANDING THE NEEDS OF CAREGIVERS

Thursday, October 24th, 10:30 am

At Region IV Area Agency on Aging, they are working hard to understand the needs and aspirations of our community caregivers. Through their community conversations, they bring caregivers together across our tri-county area to truly take the time to listen to them and understand their needs. They are defining caregivers as "an adult family member or other individual who has a significant relationship with, and who provides a broad range of assistance to, an individual with a chronic or other health condition, disability, or functional limitation. **Please sign up to attend.**

MICHIGAN SECRETARY OF STATE MOBILE OFFICE VISIT

Friday, November 1st, 10:30 am-2:30 pm

The Secretary of State Mobile Office brings services directly to the residents of Michigan through partner organizations that support communities with limited access to offices and the internet. They will offer the vast majority of Secretary of State services, including processing driver's license and state ID applications, corrections and renewals; disability parking placard applications, renewals and replacements; and vehicle title and registration transactions. **Don't forget to sign up if you'd like to attend.**

ART CO-OP WORKSHOP

Monday, November 4th, 12:30 pm-3:00 pm

$20 per person, payable at sign up - NO REFUNDS - Make checks payable to Erica Roberts

Please sign up by October 30th, limited to 10 people

Erica Roberts will instruct in sketching techniques with tips on adaptations for hands that hurt while gripping. Materials will be provided. **Class size is limited, so sign up soon!**

ANNE'S REAL ESTATE ROUND TABLE

Wednesday, November 6th, 10:00 am

Back by popular demand, Cynthia Deitemeyer of Welcome Home Design Group will join Anne Odden to discuss the transformative power of paint. We will also be discussing and illustrating by way of a slide show, what a total redesign can look like, or what if we just rearrange the furniture you already own? Let's have fun and discuss ways to revitalize your home. **Please remember to sign up if you'd like to attend.**

DEBUNKING DIABETES MYTHS

Tuesday, November 12th, 10:00 am

Join us as we delve into common misconceptions surrounding diabetes. The goal is to empower participants with accurate knowledge, dispel myths, and promote a better understanding of this prevalent health condition. Led by Traci Kuhn, Community Health Program Specialist, with Corewell Health. **Please remember to sign up if you would like to attend.**

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MEALS on WHEELS
– OF SOUTHWEST MICHIGAN –
Senior Nutrition Services Region IV

Menu Is Subject To Change
Without Notice
Lunch is served 11:15 am-12:00 pm
Vegetarian meal also available
OCTOBER
CALL 269-921-0136 TO SIGN UP
PLEASE CALL 2 DAYS IN ADVANCE TO MAKE OR CHANGE LUNCH RESERVATIONS
****

Meals are Funded in part by

REGION IX
Area Agency on Aging, Inc.
SPECIALISTS IN AGING

Served in partnership with the Senior Center and Senior Nutrition Services, DBA Meals on Wheels of SW Michigan.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Egg casserole Hash browns Sausage patty Acorn squash	2 Chili Crackers Green Beans Pears	3 Baked potato with chicken & cheese Broccoli Tropical fruit	4 Beef enchiladas Fiesta corn Lettuce & tomato Fruit crisp
7 French onion meatloaf Mashed potatoes/beans Apple	8 Creamy chicken mac & cheese Mixed vegetable blend Fruit crisp	9 Chef salad with Thousand island dress. Croutons Peaches	10 Baked pork chop Garlic mashed potatoes Seasonal vegetable Mandarin oranges	11 Breaded fish sand. Coleslaw Roasted carrots Pear
14 Tuna noodle cass. Wax beans Berry cobbler	15 Sweet & sour meatballs Rice Steamed broccoli Mandarin oranges	16 Turkey burger Bacon ranch pasta Seasonal vegetable Apple crisp	17 Stuffed green pepper Steamed corn Tropical fruit salad	18 Chicken pot pie Pasta Zucchini/summer squash Fruit cup
21 Philly cheesesteak Beets Peaches	22 Chicken & tortellini Italian vegetables Fruit crisp	23 Stuffed cabbage roll Mashed potatoes California blend vegs. Applesauce	24 Scalloped pots./ham Mixed vegetables Strawberry fluff salad	25 BBQ roasted chicken Whipped potatoes Seasonal veggie Apple/birthday cake
28 Creamy chicken lasagna Green peas & carrots Texas toast Pears	29 Sloppy Joe Potato wedges California blend Apple	30 Fall harvest salad Chicken, mozzarella cheese, apples, Butternut Squash Yogurt	31 Spaghetti/meatballs Green beans Mandarin oranges Cookie	
			Meals provide **Carbs: 75 grams** **Calories: 800 avg.** **Sodium: 800 mg** **Protein: 19 grams** **Total fat: 30%** **2% Milk**	**Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can. We thank you!**

HEALTHY EATS & SENIOR NUTRITION

We are proud to announce that Healthy Eats, presented by Base Bowls & Company and Senior Nutrition will now both be in Friendship Hall together, starting October 1st. Each program will continue to run independently, but our members can visit and eat delicious food together. Their meals are based on the recommended nutrition serving size for seniors. Healthy Eats is expanding their hours Monday-Thursday from 9:30 am-1:00 pm. They will be serving some breakfast foods like muffins, fruit cups and casseroles. You will also be able to enjoy salads, soups, chili, sandwiches and more. Fruit smoothie days will still be on Thursdays. Friday hours will be 11:00 am-1:00 pm. **Method of payment is cash only for Healthy Eats and take out is available.** There are no beverages available for sale at this time, but you can bring your own. Senior Nutrition will continue to serve lunch from 11:15 am-12:00 pm. Please stop by and see the delicious nutritional food options they have for affordable prices.

To everyone who brings goodies or snacks: Millie Carney, Cheryl Ryno, Adolf Pelzer, The Hilton Family, Fay Pressnitz, Suzie Clifton, Phyllis Herod, Sharon Kabel, Anonymous, Dale Spencer, Jill Post, Vicky Becker, Cheri McCulloch, Sally Matzke, Dolores Frantz,

To everyone who donates other items that benefit the Center and Members: Else Elsner, Sandra Kay's Bakery, Lani Agens, Ali Hansen, Celina Bevelhymer, Pat Smith, Lisa Hilton, Madelyn Huelsberg, John Burg, Dolores Frantz, Pat Howell, Monica Oclon, Lydia Groth, Linda & Paul Adam, Corewell Health Rehabilitation & Nursing Center - Pine Ridge, Linda & Paul Adam, Jerry & Tashama Brown, Bill & Robyn Graffenius, Marjorie Tardiff, Dale Spencer, Cheryl Ryno, Keith Lubbers, Barb Belfino, Debi Steel, Bonnie Parrish, Darlene Kuhn, Jacqueline Hull, Richard Sirk, Joan Hine, Jerry Brown, Judy Zemcka, Dave Sudhoff, Jeannette Jeske, Mel Buescher, Rita Briney, Sue Howard, Deb Johnson, Harriett Reed, Vicky Becker, Cheri McCulloch, Don & Fredonna Kempf, Carol Baker, Lois Wallace, Dee Rydleski, Jackie Komerer, Sandy & Gary Hora, Linda Davis, Karen Wagner, Sharon Maloney, Tim Kragt, and Doug Wold.

MONETARY CONTRIBUTIONS:

- **All the anonymous transportation riders along with Erlinda Huntington made a *Donation to our Transportation Program*.**
- **Karen Schiltz, Amy Reutlinger, Ed Simmons, Anneliese Keehn and Linda Stone made a *Donation to the Building Fund Program*.**
- **Celina Bevelhymer made a *Donation to the Building Fund Program in Honor of Gayle Coon*.**
- **Cindy Miller, Ray Dalrymple, Jamie Bingaman and Steve Smith made a *Donation to the Wood Shop*.**
- **Jamie Bingaman made a *Donation to the Circuit Training Room*.**
- **Stan Comstock made a *Donation to our Parkinson's Exercise Program*.**
- **Anonymous Donors made *Donations to Pickleball*.**
- **An Anonymous Donor made a *Donation to Pickleball on behalf of the Sam Fund, a Fund of the Indianapolis Foundation.***
- **Linda Lieberg made a *Donation to the Wild Flower Trail.***
- **Mary Sundblad and Linda Hays made a *Donation in Memory of Diane Hawkins.***
- **Dorothy Thar made a *Donation in Memory of Dorothy Hora and Max Doyle.***
- **JoAnne Smith, Pauline Fox and Janet Cooper made a *Donation to the Walking Trail in Memory of Dorothy Williams.***

SJLSSC WALK-A-THON DONATIONS: Vergie Wolfe, Shirley Toth, Steve Fox, Cindi McLaughlin, Butch Mitchell, Julian Mitchell, Zack & Kari Mitchell, Jill Claeys, Liz Miller, Pauline Fox, Steve Nordberg, Sharon Foxworthy, Annette Schrag, Linda Becker, Merrily Mahon, Jana Sammut, Carolyn Ott, Gayle Coon, Mary Griffin, Barb Dorow, Joan Peden, Barbara Dowd, Don Benjamin, Karen Saetre, Ken Benjamin, Shirley Miller, Jim & Bonnie Hlifka, Dave Chandler, Ilene Fox, Amber Bowman, Denise Bowman, Tam Vu, Hong Soon, Phay Son, Ha Vu, Hue Le, Marilyn Mann, Sue Allen, Diana Swartz, Peggy Miller, Marcia Hess, Helma Herzog, Norm Milbrandt, Faye Daniel, Clyde Daniel, Erlinda Huntington, Sam Koutz, Patrick Herzog, Rosalind Wilsol, Lolita Binger, Perla Tolentino, Ed Simmons, Mary Ann Pestor, Pat Nehrig, Stan Foultesak, Aillen Vandukopell, Carol Hadley, Carol Kuhlear, Rose Marie Olaso, Mark & Jan Johnson, Brian Johnson, Laura Johnson Edquist, Ollie Kontz, Jamie Kontz, Tom Swank, Pattie Kutz, Chris Anderson, Jim Anderson, Shawn Anderson, Ryan Anderson, Doug Wilson, Dennis & Kathy McCarthy, Joyce Lawrence, Barbara Durflinger, Sharyl Freehling, Serge Schillio, Helen Schlaman, Shelley Wheeler, Deanna Signor, Karyn Fricke, Tom & Lisa Swank, Tim & Kimberly Kragt, Terry & Renee Leight, Shanelle Uelli, Mary Feingold, Amanda Kateusz, Ken & Barb Orlich, Robert & Ann Niedbala, Cynthia Caruso, Jim Enelow, Tim & Linda Kragt, Phil & Loni Maki, Don & Joy Janke, Clementine Brueck, Judy Paruch, Ryan & Megan Fox, Cathy Eppard, and all Anonymous donors.

THANK YOU to our Fundraising Committee, all of the volunteers and donors who helped in making our first Walk-A-Thon a huge success. We raised $5,888! Also a big thank to Thrivent who made a donation that allowed the purchase of the supplies and food needed for this event.

WISH LIST: Muffins, individually wrapped candy, store bought breakfast pastries, coffee cakes, bottled water, regular and especially decaffeinated coffee, Sweet & Low, Equal, coffee stirrers, and sanitary wipes.

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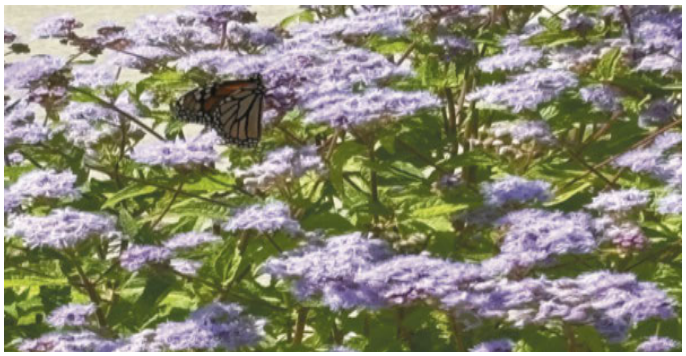

Serving the Community Since 1975

The St. Joseph-Lincoln Senior Service Center is committed to providing a welcoming, safe and friendly setting for Senior Citizens. We support member independence by offering social, educational, cultural and recreational programs and services.

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Helpful Service Numbers

Area Agency on Aging	(800) 654-2810
Elder Abuse	(855) 444-3911
Health & Human Service	2-1-1
Lakeshore Legal Aid	(888) 783-8190
Medicaid Hotline	(800) 642-3195
Medicare Questions	(800) 633-4227
Michigan OMBUDSMAN	(866) 485-9393
National Do-Not-Call	(888) 382-1222
PACE of SW Michigan	(855) 243-8876
Senior Help Line	(800) 654-2810
Social Security	(800) 772-1213
To Report a Scam-Treasury Dept.	(800) 366-4484
Veterans Affairs Office	(269) 983-7111

OCTOBER ACTIVITIES

1 Veteran's Q & A 10:30 am
7 Flu Shot 8:30 am-11:30 am-sign up by October 1st
7 Wood Shop Birdhouse Class 9:00 am-12:00 pm
7 Art Co-Op 12:30 pm-3:00 pm
8 Medicare Savings Opportunities 10:30 am
9 Window 10 Basics 10:00 am
9 Book Club 10:00 am
10 Board Elections 8:00 am-3:00 pm
10 Bingo Gift Card Extravaganza 1:00 pm - $1
14 Wood Shop Child's Stool Class 9:00 am-12:00 pm or 12:00 pm-3:00 pm
15 The Move to Electric Cars 10:30 am
16 Movie 10:00 am
17 Board Meeting 10:00 am
18 Annual Board Breakfast 9:00 am
18 Commodities - 9:00 am-11:00 am
18 Cookies & Canvas 12:00 pm-3:00 pm
21 Best Hearing Store - Hearing Screening
BY APPOINTMENT ONLY
22 Medicare Part D - Multiple Sessions All Day
22 Regenerative Medicine Workshop 10:30 am
22 Stamp Camp 12:00 pm-3:30 pm
22 Mediterranean Munching 1:00 pm
23 2010 Excel Basics 10:00 am
23 Gratitude Gala 10:30 am
24 Understanding the Needs of Caregivers 10:30 am
24 Bingo 1:00 pm
30 Newsletter Mailing 9:00 am
30 Facebook - Getting Started 10:00 am
31 Halloween Party 12:00 pm
31 Bingo 1:00 pm - $1